

### Claims

- 1 1. A composition for reducing the risk or progression of cardiovascular disease  
2 comprising:
  - 3 dextromethorphan;
  - 4 folic acid or folate;
  - 5 vitamin B<sub>6</sub>; and
  - 6 vitamin B<sub>12</sub>.
- 1 2. The composition of claim 1 wherein the composition includes lecithin and  
2 vitamin E.
- 1 3. The composition of claim 2 wherein the composition includes beta-carotene.
- 1 4. The composition of claim 3 wherein the composition includes a compound  
2 selected from the group consisting of procyanidins, flavonoids, oligomeric  
3 proanthocyanidins and mixtures thereof.
- 1 5. The composition of claim 4 wherein the composition includes  
2 trimethylglycine and ginkgo biloba.
- 1 6. The composition of claim 5 wherein the composition includes garlic oil and  
2 minerals.
- 1 7. A method of reducing the risk or progression of cardiovascular disease  
2 comprising administering to a person in need thereof the composition of claim 1.
- 1 8. A method of reducing the risk or progression of cardiovascular disease  
2 comprising administering to a person in need thereof the composition of claim 2.

1 9. A method of reducing the risk or progression of cardiovascular disease  
2 comprising administering to a person in need thereof the composition of claim 3.

1 10. A method of reducing the risk or progression of cardiovascular disease  
2 comprising administering to a person in need thereof the composition of claim 4.

1 11. A method of reducing the risk or progression of cardiovascular disease  
2 comprising administering to a person in need thereof the composition of claim 5.

1 12. A method of reducing the risk or progression of cardiovascular disease  
2 comprising administering to a person in need thereof the composition of claim 6.

1 13. A composition for reducing the risk or progression of glaucoma comprising:  
2 dextromethorphan;  
3 folic acid or folate;  
4 vitamin B<sub>6</sub>; and  
5 vitamin B<sub>12</sub>;  
6 bilberry;  
7 bioflavonoids; and  
8 beta-carotene

1 14. The composition of claim 13 further including oligomeric  
2 proanthocyanidins.

1 15. The composition of claim 14 further including vinpocetine.

1 16. The composition of claim 15 further including omega-3-oils.

1 17. A method for reducing the risk or progression of glaucoma comprising  
2 administering to a person in need thereof the composition of claim 13.

1 18. A method for reducing the risk or progression of glaucoma comprising  
2 administering to a person in need thereof the composition of claim 14.

1 19. A method for reducing the risk or progression of glaucoma comprising  
2 administering to a person in need thereof the composition of claim 15.

1 20. A composition for reducing the risk or progression of tardive dyskinesia  
2 disease comprising:  
3 dextromethorphan;  
4 folic acid or folate;  
5 vitamin B<sub>6</sub>; and  
6 vitamin B<sub>12</sub>;  
7 lecithin;  
8 an antioxidant;and  
9 oligomeric proanthocyanidins.

1 21. The composition of claim 20 further including pantothenic acid.

1 22. The composition of claim 21 further including kava.

1 23. The composition of claim 22 further including omega-3-oils.

1 24. The composition of claim 23 further including vitamin B<sub>3</sub>.

1 25. A method of reducing the risk of progression of tardive dyskinesia disease  
2 comprising administering to a person in need thereof the composition of claim 20.

1 26. A method of reducing the risk of progression of tardive dyskinesia disease  
2 comprising administering to a person in need thereof the composition of claim 21.

1 27. A method of reducing the risk of progression of tardive dyskinesia disease  
2 comprising administering to a person in need thereof the composition of claim 22.

1 28. A method of reducing the risk of progression of tardive dyskinesia disease  
2 comprising administering to a person in need thereof the composition of claim 23.

1 29. A method of reducing the risk of progression of tardive dyskinesia disease  
2 comprising administering to a person in need thereof the composition of claim 24.